



THE RED HILL ROOT

Newsletter for the Members of Red Hill Farm CSA

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2016 Membership

We are still accepting members for our 2016 season. We have opened up membership to the general public so please don't delay—sign up today! For questions or a Membership Registration Form, please contact Lilley at (610) 558-6799 or mlilley@osphila.org.



Baby broccoli in our heated greenhouse.

“In the spring, at the end of the day, you should smell like dirt.”

-Margaret Atwood

Work Shares

Interested in being a Work Share for the 2016 season? We still have a few positions to fill. All Work Shares receive a full share which is 24 weeks of produce in exchange for 100 hours of on-farm work.

The work consists of everything from weeding and planting to harvesting and special projects. The selection process will be based on your availability, willingness, and need. This is a great way to truly get connected to your farm. For questions or a Work Share Application, please contact Lilley at (610) 558-6799 or mlilley@osphila.org.

Now is the time to prune our berry canes. We welcome this task each season. It gets us back into the fields enjoying the beautiful spring weather. We pass the time thinking about the delicious berries we will be consuming before too long!



Tasty Jade

We grow this variety of cucumber in our hoop houses. Tasty Jade cucumber is considered *parthenocarpic* which means it does not require pollination to produce fruit. Since there is a significant absence of pollinators in the hoop house we welcome this variety. This particular cucumber is grown on a trellis and produces 9"-12" long fruit. Tasty Jade is typically a high-yielding plant, with thin, dark green skin. We think this variety is a winner in both the garden and the kitchen!



Memorial Fruit Trees for Sale

We have a few more spaces left where we can add fruit trees to the farm this season. We are offering our members the opportunity to purchase one as a Memorial Tree or simply sponsor one in your name. Trees will be purchased in late winter and planted in early spring. You may choose a peach or apple tree. We will choose the specific variety based on the trees disease resistance and ease of care. All trees will be semi-dwarf and will include a copper tag embossed as you wish. The price for each fruit tree is \$30. Please contact me at mlilley@osfphila.org, if you are interested.

Save the Dates

Mark your calendars for these upcoming events at the farm.
We don't want you to miss out!

Saturday, April 2nd at 2 PM Informational lecture on installing solar panels on your roof. Presented by "Solarize Greater Media."

Saturday, May 7th at 1 PM Open House & Plant Sale

Saturday, June 11th at 4 PM Member Meet & Greet



Mushrooms

By Joanne Rosenbaum

Even though we don't grow mushrooms at the farm, they are a good source of nutrition and are abundantly available in our area. We should try to incorporate them as much as possible into our daily meals.

Mushrooms are forms of fungus, many of which are edible and can be consumed by humans. They not only contribute normal nutrients and benefits of vegetables, but they also contribute nutrients commonly found in animals, beans, and grains as well. They are commonly known as the "meat" of the vegetable world. Mushrooms, when exposed to sunlight, convert ergosterol (a compound found naturally in mushrooms) into an active form of vitamin D. Most commercial mushrooms are grown indoors (or in the dark). However, some growers expose mushrooms to artificial UVB. Three ounces of these UVB exposed mushrooms can provide 100 percent of an adults daily requirement for vitamin D. The most common minerals found in mushrooms are selenium, copper, potassium, (they outrank bananas in potassium content), phosphorus, iron, magnesium, and manganese.

Storing Mushrooms: For commercial mushrooms that are purchased plastic-wrapped, they can be kept in their original packaging in the refrigerator unopened for nearly a week before they start to go slimy and brown. Loose mushrooms keep better in a paper bag in the refrigerator's crisper drawer. The paper allows for better airflow while the crisper drawer keeps the air slightly humid and prevents the mushrooms from drying out. They will start to get a little shriveled by the end of the week but are still good for cooking.

Best way to eat mushrooms. Raw or cooked? From what I have read, it is best to eat mushrooms cooked because of a toxin that is present in raw mushrooms. Well-respected medical expert Andrew Weil, MD, states you should NEVER eat raw mushrooms. "Not only are the fruiting body (what most people know as a 'mushroom') walls made up of a tough to digest fiber called chitin, but they also contain small amounts of toxins that are destroyed when mushrooms are cooked."

Recipes Ideas: A good idea to make your meat dishes more healthy is by adding chopped mushrooms to ground beef. Mushrooms can enhance the taste of dishes, deliver an extra serving of vegetables and beneficial nutrients, and trim total calories and fat intake.

Cajun-Seared Portobello Fillets with Avocado Cream

(serves 7)

Portobello Fillets:

7 Portobello mushrooms cleaned
Extra virgin olive oil to cover
12 garlic cloves
1 1/2 Tbsp. smoked paprika
1 Tbsp. paprika
2 Tbsp. Celtic sea salt
2 Tbsp. garlic powder
1 Tbsp. onion powder
1 Tbsp. black pepper
1 Tbsp. cayenne pepper
1 Tbsp. dried oregano leaves
1 Tbsp. dried thyme



Avocado Cream:

2 ripe avocados, peeled and pitted
1/4 cup vegan mayonnaise (try Veganaise)
Juice of 2 limes
Salt and pepper to taste

Directions

To make the Portobello Fillets: Place the mushrooms in a large metal roasting pan. Cover with olive oil and add the garlic cloves. Poach in the oven at 170° for three hours. Meanwhile, combine the remaining ingredients in a dish to make the Cajun rub. Remove the mushrooms from the oven. Remove from the oil and pat dry. Slice on a bias into 1/4 inch fillets. Rub the Cajun rub into the fillets and grill until heated through.

To make the Avocado Cream: Combine all the ingredients in a blender until smooth.

To assemble: Garnish the Portobello Fillets with the Avocado Cream and serve.

(Recipe courtesy of Tal Ronnan)